



Murray Senior Recreation Center

2021

Recreation for 55+

May

On Monday, May 3, 2021, we are excited to welcome back our seniors of the Murray Senior Recreation Center. It has been a long and worrisome year for all of us. At the Center we have repainted and sanitized every inch of the building. There are hand sanitizers in every room and we have taken every precaution to create a safe environment for everyone. As we proceed to open the Center, the following precautions must be taken by everyone who uses the Center:

- MASKS ARE MANDATORY
- Utilize the hand sanitizers stations
- Reservations for all programs and lunches are required
- Some classes will be offered in-person, via Zoom, or a hybrid of both
- If you want to just come in and visit, talk with the Front Desk staff



These guidelines will be re-evaluated after 90 days. It has been a very long year without seeing each other. We are counting on everyone to follow the guidelines that are listed above to keep us all safe and healthy. Just remember that this is new to all of us. If we all work together, we can continue to make the Center a safe place for all. See you soon!!!

Membership Database

With our doors being closed for a year, we would like to update our membership database. Membership forms will be available at the Center and we will be handing out new membership cards that offer a wallet card and two keychain cards. We will also be taking a new photo of everyone.

Thanks, Tricia



10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
Website: murray.utah.gov
Director: Tricia Cooke

Monday – Friday
8:00 – 4:30

Thursday Evenings
Closed

Saturday – Sunday
Closed

Regular Programming Suspended Until Fall

AARP Driver Safety
Art Appreciation
Bingo (dining room)
Birthday Wednesday
Evening Social Dance
Genealogy
Medicare Counseling
Painting Class
Special Events
Trips
Watercolor
Weekly Transportation

Tentatively Scheduled for June

Brunch
eBooks and eAudiobooks
Vital Aging
Wednesday Painting

Next Center Closures

Monday, May 31 Memorial Day
Monday, July 5 Independence Day
Friday, July 23 Pioneer Day

Next Special Event
to be determined



Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Kat Martinez, District 1
 Dale Cox, District 2
 Rosalba Dominguez, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Murray Senior Recreation Center Staff

| | |
|--------------------|-------------------|
| Director | Tricia Cooke |
| Programming | Maureen Gallagher |
| | Wayne Oberg |
| Secretary | April Callaway |
| Ceramics | Cindy Mangone |
| Meals Supervisor | Allie Rivera |
| Meals Assistant | Chris Miller |
| Dishwasher | Annie Gardner |
| Custodian | Bart Harris |
| Building Attendant | Pete Wright |

Advisory Board

Chair: Richard Clark
 Lynn Anderson Christine Clark
 Max Derrick Susan Hatcher
 Becky Harris Ed Houston
 Sandra Jones Karl Schatten

Heritage Senior Adults, Inc.

DONATIONS made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to the Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. A printed copy is available at the Murray Senior Recreation Center, online at murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. A suggested donation of \$1 per issue is appreciated for the copies picked up at the Murray Senior Recreation Center. *Newsletters are archived online.*

You may make a **RESERVATION** for yourself and one friend for programs and trips as long as payment accompanies the reservation. If you pay for a friend, you are responsible for taking care of any cancellations and/or refunds with the friend.

Ask the Front Desk for a copy of our **CANCELLATION POLICY**. As a general rule, the policy to receive a full refund is two business days for classes or services, five business days for day trips or special events, and six weeks for overnight trips.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

ANIMALS are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual can present the animal's identification card at the Front Desk.

April Callaway is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is time provided for comments.



www.facebook.com/MurraySeniorRec/
www.facebook.com/MurrayCityUtah/

History Class: Attila the Hun HYBRID

On **Wednesday, May 12 at 10:30**, Jim Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will discuss **ATTILA THE HUN**. Attila ruled the Huns from 434 until his death in March 453. He was one of the most feared enemies of the Western and Eastern Roman Empires. Priscus, a 5th-century Greek historian, described Attila as:



“a man born into the world to shake the nations, the scourge of all lands, who in some way terrified all mankind by the dreadful rumors noised abroad concerning him. He was haughty in his walk, rolling his eyes hither and thither, so that the power of his proud spirit appeared in the movement of his body. He was indeed a lover of war, yet restrained in action, mighty in counsel, gracious to suppliants and lenient to those who were once received into his protection. Short of stature, with a broad chest and a large head; his eyes were small, his beard thin and sprinkled with grey; and he had a flat nose and swarthy skin, showing evidence of his origin.”

This is a **free** class. [Register now.](#)

Grief Support Class ZOOM

On **Friday, May 14 and May 28 at 10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

Nutrition: Mediterranean Cuisine

On **Tuesday, May 25 at 10:30**, Ashley Quadros from Harmons will be teaching us **NUTRITION: MEDITERRANEAN CUISINE**. We can't all get away on a dreamy cruise, but we can eat like it! Not only is Mediterranean cooking delicious, it was named the best eating style for health in 2021. Mediterranean cuisine offers us bright, fresh flavors and pure ingredients enjoyed with good company. The best part, it's easy and 100% possible in Utah. This is a **free** class. [Register now.](#) [Limited to 20 people.](#)

Abstract Voice Art Class

The Trust for the Utah Women Artists Exhibition, a program of the American Association of University Women (AAUW), received a grant from the Utah Division of Arts and Museums with funding from the State of Utah and the National Endowment for the Arts (NEA) to offer a free workshop **FIND YOUR "ABSTRACT VOICE" WITH BLIND CONTOUR DRAWING** at the Murray Senior Recreation Center. The class will be held on **Thursday, May 13 at 1:00-2:30**. This class is **free**. [Register now.](#) [Space is limited to 16 participants.](#)

Abstract drawing can be intimidating, mysterious, and challenging. Sue Martin shows a fun and easy way to create an abstracted still life combining blind contour drawing and the color medium of your choice (watercolor, colored pencils, or markers). Participants will need to provide the following materials:

- smooth white paper such as hot press watercolor paper, mixed media paper, or good drawing paper
- art pen or thin black marker
- color medium (watercolors, markers, colored pencil, etc.)
- 4-5 simple, still life objects of different shapes and sizes from your kitchen (such as jars, bottles, cans, fruit, vegetables, etc.)

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$12** for the month plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls. [Register now.](#)

A small group of **CRAFTERS** meet on **Tuesdays at 12:45-4:00** to share their skills, knowledge, and to socialize. Bring your ideas and projects to share. [Register now.](#)

Painting Classes

John Fackrell's **WATERCOLOR** class will continue through **Monday, June 7 at 9:00-12:00**. **ZOOM**

Jeanette Morris' **PAINTING** class will continue through **Tuesday, June 8 at 9:00-12:00**. **IN PERSON**

MAY LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|---|--|--|--|
| 3 NO LUNCH | 4 MEATBALL SUB Tater Tots Side Salad Pudding | 5 TILAPIA Rice Broccoli Dessert Sponsored by AMG Senior Medical Group | 6 TURKEY PITA Peas Potato Salad Cookie | 7 BREAKFAST CASSEROLE Roasted Potatoes Cinnamon Roll |
| 10 NO LUNCH | 11 SHRIMP ALFREDO Cucumber Tomato Salad Brownies | 12 BRATWURST Chips Side Salad Fruit | 13 FIESTA LIME CHICKEN Black Bean and Corn Salad No Bake Cheesecake | 14 PULLED PORK SANDWICH Onion Rings Coleslaw Ice Cream Sandwich |

Lunch reservation must be made by noon the working day prior.

Lunch is served Tuesday-Friday from **11:30** to **12:30**. Limited to 30 people per day.

Main Entrée price is \$4

Sandwiches are available upon request.

| | | | | |
|-----------------------|---|---|---|---|
| 17 NO LUNCH | 18 CHEESE TORTILLINI Garlic Bread Side Salad Fruit | 19 CHEESE BURGER Baked Beans Chips Rice Krispy | 20 MEATLOAF Mashed Potatoes and Gravy Roll Veggie Cookie | 21 TACO SALAD Black Beans Churros |
| 24 NO LUNCH | 25 CHICKEN TENDERS Corn Pasta Salad Fruit | 26 TATER TOT CASSEROLE Side Salad Jello | 27 POT ROAST Honey Roasted Carrots Mashed Potatoes Creamie | 28 FISH & CHIPS Coleslaw Cake |

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CENTER IS CLOSED

Reservations Required for Lunches

We have 30 sit-down reservations in our dining room for those 55+ available Tuesday-Friday at 11:30-12:30. Reservation, choice of meal option (main entrée or sandwich lunch box), and payment of **\$4** required 24 hours in advance (by noon the day prior). Prior notification is needed so the kitchen can adequately prepare the lunches.

MAY ACTIVITY CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 9:00 NIA 3 9:00 Watercolor ZM 10:00 Yoga 11:00 Meditation 2:00 Strength Cond | 8:30 Ceramics 4 9:00 Painting 9:30 Line Dance 10:30 Tai Chi 11:30 Lunch 12:45 Crafters 1:00 Canasta 2:00 B. Line Dance | 9:00 Car Bingo 5 9:15 Pinochle 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 1:00 Bridge | 8:30 Ceramics 6 10:30 Tai Chi 11:30 Lunch 2:00 Strength Cond 3:00 Readers Theater | 7 11:15 Chair Aerobics 11:30 Lunch 1:00 Bridge |
| 8:00 GOLF 10 Murray Prkwy 9:00 NIA 9:00 Watercolor ZM 10:00 Yoga 11:00 Meditation 2:00 Strength Cond | 8:30 Ceramics 11 9:00 Painting 9:30 Line Dance 10:30 Tai Chi 11:30 Lunch 12:45 Crafters 1:00 Canasta 1:00 Comp. Help 1:30 Legal ZOOM 2:00 B. Line Dance | 9:00 Car Bingo 12 9:15 Pinochle 10:00 Yoga 10:30 History (Hybrid) 11:15 Chair Aerobics 11:30 Lunch 1:00 Bridge | 8:30 Ceramics 13 10:30 Tai Chi 10:30 Blood Pressure 11:30 Lunch 1:00 Abstract Voice 2:00 Strength Cond 3:00 Readers Theater | 9:00 Haircuts 14 10:30 Grief ZOOM 11:15 Chair Aerobics 11:30 Lunch 1:00 Bridge |
| 9:00 NIA 17 9:00 Watercolor ZM 10:00 Yoga 11:00 Meditation 2:00 Strength Cond | 8:30 Ceramics 18 9:00 Painting 9:30 Line Dance 10:30 Tai Chi 11:30 Lunch 12:30 UofU Fitness 12:45 Crafters 1:00 Canasta 2:00 B. Line Dance | 9:00 Car Bingo 19 9:15 Pinochle 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 1:00 Bridge | 8:30 Ceramics 20 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Strength Cond 3:00 Readers Theater | 21 11:00 Cornhole Demo 11:15 Chair Aerobics 11:30 Lunch 12:30 UofU Fitness 1:00 Bridge |
| 8:00 GOLF 24 Glenmoor 9:00 NIA 9:00 Watercolor ZM 10:00 Yoga 11:00 Meditation 2:00 Strength Cond | 8:30 Ceramics 25 9:00 Painting 9:30 Line Dance 10:30 Tai Chi 10:30 Nutrition 11:30 Lunch 12:30 UofU Fitness 12:45 Crafters 1:00 Canasta 1:00 Comp. Help 2:00 B. Line Dance | 9:00 Car Bingo 26 9:15 Pinochle 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 1:00 Bridge | 8:30 Ceramics 27 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Strength Cond 3:00 Readers Theater | 9:00 Haircuts 28 10:30 Grief ZOOM 11:15 Chair Aerobics 11:30 Lunch 12:30 UofU Fitness 1:00 Bridge |
| CLOSED FOR 31 MEMORIAL DAY | | | | |

Car Bingo

CAR BINGO is played every **Wednesday** at **9:00**. Bingo is **free**, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant. Register now. Limited to 20 cars.

A special **THANK YOU** to **Village Inn** for donating pies each week.



On **Wednesday, May 5**, our car bingo will be sponsored by AMG Senior Medical Group, which provides in-home visits from their network of Nurse Practitioners and Physicians. **THANK YOU!!**

Cards

BRIDGE play is on **Wednesdays** and **Fridays** at **1:00-4:00**. Some players arrive early to practice and pair with first round partners. If an even number of players are not available when play begins, the last person to arrive will be rotated in or three-handed bridge will be played. Advanced sign-up is required. Limited to 16 players.

CANASTA is played on **Tuesdays** at **1:00-4:00**. Beginners are welcome, all games are free, and anyone can join in on the fun. Advanced sign-up is required. Limited to 8 players.

PINOCHLE tournaments are held on **Wednesdays** at **9:15**. Players must check in no later than 9:00. Advanced sign-up is required. Limited to 16 people.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building. Register at the Front Desk.

Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please call and register!

2021 Summer Concerts

| | |
|----------------------|---|
| Monday, June 14 | Pick'ee Out the Stingers (bluegrass/hillbilly) |
| Monday, July 12 | Hayley Kirkland and Company B (jazz) |
| Monday, August 9 | Flashback Brothers (classic rock) |
| Monday, September 13 | Red Desert Ramblers (bluegrass) |

Outdoor Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **OUTDOOR PICKLEBALL** every day (Monday through Friday) from 8:00 to 2:00. This is a **free** sport. Advanced one-hour appointments are required.

Visit [MCREG.COM](https://mcreg.com) for information about and to register for **HOW TO PLAY PICKLEBALL** which is held on Tuesday and Thursday afternoons on our outdoor courts. This program is provided by the Murray City Recreation Department.

Senior Golf League

The Murray Senior Recreation Center's **SENIOR GOLF LEAGUE** will begin this year on **Monday, May 10**. The league fee is **\$10** per person.

Register for the first tournament at Murray Parkway Golf Course beginning Wednesday, April 21. The registration deadline for Murray Parkway is Monday, May 3 at 4:00.

Golf tournaments are for those 55+ who have attained a basic level of golf skill which allows them to compete in 18 holes of play at a pace comparable to the 100+ players participating in each tournament. We have put together a great list of tournaments this year so come out and support our golf program.

| | | | |
|---------|------|----------------|------|
| May 10 | 8:00 | Murray Parkway | \$46 |
| May 24 | 8:00 | Glenmoor | \$52 |
| June 14 | 8:00 | Meadowbrook | \$48 |



Blood Pressure Clinic

Monique at Harmony Home Health and Hospice will be conducting a **BLOOD PRESSURE CLINIC** on **Thursday, May 13** from **10:30 to 12:00**. Advanced appointments are required.

Haircuts

Jocelyn Anderson will provide **HAIRCUTS** on **Friday, May 14** and **Friday, May 28**, starting at **9:00** and appointments are every 20 minutes. Haircuts cost **\$9** and is due at time of scheduling. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Limited to 10 appointments. Cancellations need to be made two working days in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** beginning on **May 20**. Appointments are one hour, **cost \$40**, and are offered at **12:00, 1:15, or 2:30**. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Tuesday, June 8** from **9:30 to 12:00**. The cost is **\$11**. Payment is required at time of scheduling; registration begins Tuesday, May 11.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Walking Club Destination ... Roswell, NM

Our summer **WALKING CLUB** goal is to "walk" 775 miles to **ROSWELL, NEW MEXICO**. Cost is **\$12** and participants will receive a 2021 t-shirt. Free pedometers available upon request. We will supply walking routes and tips. Chart your progress as we walk to Roswell from April through October. Register now.

Legal Consultation ZOOM

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be available on **Tuesday, May 11** from **1:30 to 3:30**. Advanced appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

AARP Smart Driving Class

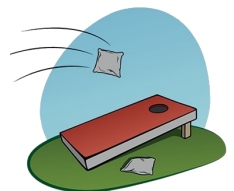
Currently available online at aarpdriversafety.org.

Computer Classes

Bob Beaudoin has 45 minute **INDIVIDUAL HELP** appointments on **Tuesday, May 11** and **May 25** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Cornhole Demonstration

Some of you might have played the bean bag toss game known as **CORNHOLE**. Prior to the pandemic, we had a few sets of Cornhole boards built. We will have a **CORNHOLE DEMONSTRATION** on **Friday, May 21** at **11:00** on our patio. This demo is **free**. Register now.



Cornhole toss can be a 2 or 4 player game. The cornhole boards are set up 27' across from each other. Each team stands behind the front edge of their side's board, and tosses their bean bags at the other side's board. Teams take turns throwing bags at the other side's board. The first team to reach 21 points wins. Bags that land on the board are worth one point; bags that go into the hole are worth 3 points, bags that touch the ground, including bags that hit the ground first then bounce onto the board, are worth 0 points. Let Wayne know if you are interested in learning how to play or would like to volunteer with this program.

Exercise Classes for May:



NIA (\$10)

Mondays 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony. Limited to 15.

YOGA (\$20)

Mondays and Wednesdays 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit. Limited to 12.

STRENGTH CONDITIONING (\$20)

Mondays and Thursdays 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility. Limited to 12.

TAI CHI (\$20)

Tuesdays and Thursdays 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity. Limited to 12.

ZUMBA (\$10) – beginning June 4

Fridays 9:00-10:00

This class involves dance and aerobic movements performed to energetic music. Limited to 15.

CHAIR AEROBICS (FREE)

Wednesdays and Fridays 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair. Limited to 12.

Exercise Room for May

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$5** each month, or **free** if you have Silver Sneakers or Silver & Fit. We are limiting to 5 people in the room at any given time. Call to schedule a time in the exercise room.

Previously purchased punch cards will be honored after the first 90 days of re-opening

University of Utah Students

The University of Utah Exercise and Sports students will be here every **Tuesday** and **Friday** at **12:30-2:00** beginning the week of **May 17** through **July 30**.

The students teach an **OVERALL FITNESS CLASS** at 12:30 that can help improve fitness levels and increase endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The University of Utah students' overall fitness class and personal training is included with the exercise room fee. Space is limited to 12. Register now.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The eight-week session will begin **Monday, May 3** through **Monday, June 28** at **11:00-12:30**. The cost is **\$20** for the eight-week session. Limited to 12. Register now.

Line Dance for May

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday** at **9:30** for all dancers or **Tuesday** at **2:00** for beginners. The cost is **\$10** per month or **\$20** for both classes. Register now. Limited to 20 per class.

Schedule for May Beginning Line Dance:

May 4 – Electric Slide (Elvira) and Cab Driver (2 very basic beginner dances)

May 11 – I Just Want to Dance With You (Cha Cha)

May 18 – Could I Have this Dance for the Rest of My Life (Waltz)

May 25 – Boot Scootin' Boogie (an intermediate beginner)